
Učinkovitost kućnog programa vježbi snage, istezanja i balansa na funkcionalnu sposobnost osoba s osteoartritisom koljena

Effectiveness of strength, stretching and balance home exercise program on functional ability of people with knee osteoarthritis

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Uvod

Knee osteoarthritis lead to physical function limitation and cause chronic disability

Cilj

Examined effects of strength, stretching and balance exercises (moderate intensity, performed once a day, five times a week, for a total of eight weeks) on functional ability of people with knee osteoarthritis.

Metode i ispitanici

Participants with knee osteoarthritis performed physical therapy for a period of two weeks at the Department for Physical Medicine and Rehabilitation. The study group (n=30) continued to perform exercises program at home while the control group (n=30) did not continued with exercise program. Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) was used to examine the effect of exercise

Rezultati

In the study group statistically significant reduction in pain and in stiffness, increase in functional ability of the lower extremities and in total functional ability has been identified after eight weeks from the beginning of the study. Compared to the control group in the study group: the difference between

the average value of the intensity of pain at the beginning and at the end of the study was statistically significantly higher ($p=0.0001$), the difference between the average value of the stiffness at the beginning and at the end of the study was statistically significantly higher ($p=0.0001$), the difference between the average value of functional ability of the lower extremities at the beginning and at the end of the study was statistically significantly higher ($p=0.0001$), the difference between the average value of the WOMAC total score at the beginning and at the end of the study was statistically significantly higher ($p=0.0001$).

Rasprava/zaključak

Home exercise program consisting of strength, stretching and balance exercises, of moderate intensity, implemented for eight weeks (once a day, five times a week) is effective in increasing functional ability of people with knee osteoarthritis.

Ključne riječi: knee osteoarthritis, exercise program, functional ability